

Hip Protectors & Prevention of Hip Fractures

A Common Cause

Hip fractures are often caused by falls.



Those At Risk

- Patients who score high risk for falls
- Patients with Osteoporosis
- Patients with balance, gait or mobility problems
- Patients with a fear of falling

Consequences

- A hip fracture can result in:
 - Decreased mobility*
 - Loss of independence*
 - Death*



Prevention

Hip protectors worn at the time of a fall can help prevent hip fractures.

What are Hip Protectors?

Hip protectors are padded shorts or underwear. They are worn over or in place of underwear.

How Do Hip Protectors Work?

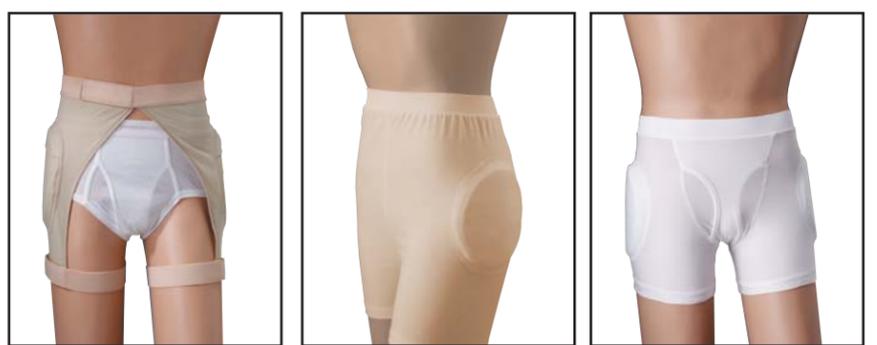
The hip protectors prevent fractures by distributing the force of a fall on the hip to the softer tissue around the buttocks and thigh.

Are There Different Models Available?

Yes, there are models available for men and women. There are also snap-up models available.



Images courtesy of Hipsaver™



Images courtesy of Posey™

Want to know more?

Please feel free to contact:
Falls Prevention Resource: _____

Patient Safety Manager: _____